



Senior Adults

CALL (434) 455-4000

for information about Senior Adult Programs. Our main office is located on the first floor of the Miller Center, 301 Grove Street. Walk-in assistance is available Monday – Friday, 8:30 am – 5:00 pm.

Advance Registration Required

Please see registration information, including deadlines, payment cancellation and refund policies on our registration page. If predetermined minimum numbers are not met by the registration deadline, the activity may be cancelled or late fees may apply.

Make checks payable to “City of Lynchburg”. Please mail or drop off registrations and payments to:

*Senior Administrative Aide
Parks and Recreation Department
301 Grove Street, Lynchburg, VA 24501*

Adults ages 55 and over and their spouses are welcome. In addition, adults under age 55 may register one week prior to the Senior Program activities as space allows. For the safety and well being of all participants, Senior Adult Program activities and centers are open to all individuals (age 55 and over) and their spouses, who are physically able to negotiate in a center/program setting, are mentally alert, and are able to function *independently*. Those seniors needing assistance may bring a responsible adult of any age. This person must also register and pay activity costs.

Newsletter and Senior Information Packets

Pick up a copy of our monthly newsletter which provides an expanded listing of activities for senior adults. Are you new to the area? Call (434) 455-4000 or stop by and pick up a senior information packet. Each packet includes a current newsletter, ongoing year-round programs, directions to centers, and a City map.

Transportation

The department handicap accessible mini-bus provides curb-to-curb transportation to and from many programs for City senior residents for a nominal donation. Assistance is also available for quick courtesy stops and shopping. Call for more information.

Cinderella Dinner and Theatre Van Outing Ages 55 & Up

Enjoy this production of *Cinderella* by the Drama Department at Dunbar Middle School for Innovation featuring music by Rogers and Hammerstein. Enjoy familiar songs such as *In my Own Little Corner*, *Ten Minutes Ago* and *Impossible*. Admission is free to the play with a Senior Partners Program card. We will dine together at Ryan's Restaurant before the show. Dinner is on your own. Register and pay by 4/28.



CR & NR \$4

(Optional transportation fee is \$2, payable onsite)

Miller Center – Coordinator: Tamara Reynolds

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
75001.218	F	5/5	5-9:30 pm

Anne Spencer House and Garden Museum Ages 55 & Up

Visit the 1903 home and garden of poet Anne Spencer and the birthplace of her son, Chauncey. Anne Spencer was a Harlem Renaissance poet and the first Virginia woman to be published in the *Norton Anthology of Modern American Poetry*. Chauncey Spencer's work on Capitol Hill was instrumental in the formation of the Tuskegee Airmen. After touring the house, enjoy strolling through the garden and visiting the garden cottage, “Edenkrall”, where Anne wrote much of her poetry. Wear comfortable walking shoes. No restrooms are available at the museum. The tour lasts approximately one hour. Meet and depart from College Hill Center. Register by 5/5.

CR & NR \$4.00

(Optional transportation fee is \$2, payable onsite)

College Hill Center – Coordinator: Tamara Reynolds

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
75001.219	F	5/12	10:45-noon

Natural Bridge, Nature Park & Monacan Village Walking Tour

Enjoy a one-mile walk along a beautiful trail and step back in time to a recreated Monacan Indian village as it would have existed 300 years ago. Visitors have a chance to learn about and assist the Monacan people in daily activities. Then hike through the Natural Bridge Nature Park along Cascade Creek, ending up at Lace Falls. End the day with shopping and dining in the Natural Bridge Gift Shop (on your own). Please wear comfortable walking shoes and seasonally appropriate clothing. Cost includes transportation, admission to Natural Bridge, bottled water and snacks. Trip departs Miller Center back parking lot. Register by 5/22.

CR \$20; NR \$30

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
75001.217	TH	5/25	8:30 am-3 pm

Bedford City-County Museum Trip Ages 55 & Up

Built in 1895 as a Masonic Temple, the Bedford City/County Museum is the only example of Romanesque architecture in Bedford. The building houses artifacts reflecting life in Bedford from the earliest Americans to the middle of the 20th Century. Included are a black history room and a special room honoring D-Day and the soldiers who served from Bedford. After the museum, enjoy lunch on your own at the Gingerbread House Café before the scenic drive home. Departs from the Miller Center back parking lot.

CR \$7; NR \$11

Miller Center - Coordinator: Marilyn Bryant

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
75001.239	TH	7/13	9:45 am-2:30 pm

Oklahoma

Meet at the Miller Park Pool parking lot to travel by bus to the Wohlfahrt Haus Dinner Theatre in Wytheville, Virginia to enjoy the classic songs of the Academy Award winning musical *Oklahoma*. A quick dinner stop on the way home is on your own. Spaces fill quickly, so be sure to sign up early.



CR \$52; NR \$67

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
75000.311	TH	9/14	8:30 am-8 pm

Golden Gourmet at TGI Fridays Ages 55 & Up

Join this friendly group each month at an area restaurant to sample the food, meet new folks and share interesting and humorous stories. Watch your newsletter or call for more information on other times and places for this activity. Meet at TGI Fridays (7815 Timberlake Road) or City residents may request transportation. See you there!

CR & NR: Lunch is on your own.

(Optional transportation fee is \$2)

TGI Fridays – Coordinator: Marilyn Bryant

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73700.221	F	6/23	11:15 am-1:30 pm

Celebrate Summer Cookout Ages 55 & Up

What says "summer" better than a great cook out? Start the season off right, with your choice of a juicy burger or a hot dog with all the fixings. We provide the hamburgers, hotdogs and drinks; you provide a side dish to share, and enjoy your favorite "summer" tunes indoors. Register by 6/6.



CR & NR \$3, payable onsite

Fairview Center – Coordinator: Jamey Love

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73100.220	F	6/16	11 am-noon



Senior Adults

Continuing Line Dance Class Ages 55 & Up

Continuing from the beginner's line dance class, whether you are an experienced line dancer or a beginner, this six-week class is tailored to fit all of your needs! Registrations accepted day of class incur a \$5 late fee.

CR \$10; NR \$15

Fairview Center – Instructor: Linda Parker

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74100.221	W	6/7-7/12	10:30-11:20 am
74100.242	W	8/9-9/13	10:30-11:20 am

Easy Does It Fitness Ages 55 & Up

Low-impact, self-paced classes help trim and tone. Regular exercise is the best way to ensure better health and overall well being. Certified instructors guide you through as you work at your own pace to stay physically fit. Register and pay by the first class of each month.

CR \$10; NR \$15

Fairview Center

Instructors: Marcia Clauson & Lori Maffett

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74201.212	M W F	5/3-5/31	12:30-1 pm
74201.222	M W F	6/2-6/23	12:30-1 pm
74201.232	M W F	7/5-7/31	12:30-1 pm
74201.242	M W F	8/2-8/30	12:30-1 pm

Ladies Fitness Ages 55 & Up

Low-impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Regular exercise is the best way to ensure better health and overall well being. Certified instructors guide you through as you work at your own pace to stay physically fit. Register and pay by the first class of each month.

CR \$20; NR \$30

Fairview Center

Instructors: Marcia Clauson & Lori Maffett

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74200.212	M W F	5/8-6/2	11:30 am-12:20 pm
74200.222	M W F	6/7-6/28	11:30 am-12:20 pm
74200.232	M W F	7/5-7/26	11:30 am-12:20 pm
74200.242	M W F	8/2-8/30	11:30 am-12:20 pm

Strength & Balance Exercise Ages 55 & Up



Increase your strength and improve your balance as you progress thru this four-week program. Certified instructors guide you through the program and help you work at your own pace. Register by 5/2.

CR \$20; NR \$30

Templeton Senior Center – Coordinator: Lynn Fox

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74204.211	TH	5/4-5/30	1-2 pm

Tai Chi for Seniors Ages 55 & Up

This popular beginner's Chi Gung class is designed especially for senior adults but is open to adults of all ages. The health benefits include improved balance, memory and coordination, toned muscles, strengthened bones, reduced stress and better posture. This eight-week class is a peaceful and easy, slow-motion, dance-like exercise routine that is done on your feet. Wear comfortable clothing and athletic shoes. Register quickly as this class fills early.

CR \$30; NR \$45

Templeton Senior Center

Coordinator: Marilyn Bryant

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74202.222	TU	6/27-8/15	3:30-4:30 pm



Golf Outings Ages 55 & Up

Are you interested in traveling to new and different courses? Men and women golfers age 55 and above are invited to join this group of recreational senior golfers. Transportation is available. Register by the Friday before the outing.

CR & NR \$5 payable onsite, plus cost at golf course
Coordinator: Lynn Fox

Ashley Plantation in Daleville

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73707.211	M	5/8	7 am-5 pm

Falling River in Appomattox

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73707.221	M	6/12	7 am-5 pm

Senior Adult Softball Ages 55 & Up

Open to men and women of all skill levels. Play is focused on exercise and fellowship. Challenge games played in Farmville on the third Wednesday each month. All challenge games depart Miller Park parking lot across from Sherwin-Williams store. Departure time is one hour and forty-five minutes before game time.

CR & NR \$5

Peaks View Softball Fields 6 & 7

Coordinator: Lynn Fox

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73702.210	W	5/3-5/31	10 am-noon
73702.220	W	6/7-6/28	10 am-noon
73702.230	W	7/5-7/26	9-11 am
73702.240	W	8/2-8/30	9-11 am

Senior Adult Volleyball Ages 55 & Up

Fitness, fun and friendly competition are the focus of this weekly play. Teams of varying skill levels are formed.



CR & NR \$5

Heritage United Methodist Church

Coordinator: Marilyn Bryant

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73703.212	TH	5/4-5/25	3:30-5:30 pm
73703.222	TH	6/8-6/29	3:30-5:30 pm
73703.232	TH	7/6-7/27	3:30-5:30 pm
73703.242	TH	8/3-8/31	3:30-5:30 pm

Senior Bowling

Weekly recreational bowling without the stress of league attendance and play. All skill levels welcomed. No registration required.

\$1.07/game, payable onsite

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
TU	All	1 pm	Fort Hill Bowling Center

Free Movie Matinees

Invite a friend and enjoy a movie on the big screen without the big price! Hot, fresh popcorn and cold sodas are sold for 25¢ each.



Movies begin at 1 pm at the Miller Center

<u>Day</u>	<u>Date</u>	<u>Movie</u>
W	5/10	Walk the Line
W	6/14	Shall We Dance
W	7/12	Fun with Dick and Jane
W	8/9	Eight Below

Senior Center Locations

Templeton Senior Center

225 Wiggington Road

College Hill Senior Center

809 Jackson Street

Fairview Senior Center

3621 Campbell Avenue

Jefferson House Apartments

1818 Langhorne Square

Meadowbrook Apartments

1201 Long Meadows Drive

**Call (434) 455-4000
for more information.**

Senior Adults

Suppers at 6 Ages 55 & Up

Dine alfresco under the canopy of the beautiful, old oak tree at the Templeton Center. Enjoy a mouth watering entree with a different menu each week. The minimum number of diners required is 10 per meal. Check the newsletter for complete details. In case of inclement weather, meals are served indoors. Deadline is the Friday before each supper.

CR & NR \$5

Templeton Senior Center – Coordinator: Lynn Fox

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Menu</u>
73000.221	M	6/19	6-7:30 pm	Spaghetti
73000.231	M	7/17	6-7:30 pm	Cookout
73000.241	M	8/21	6-7:30 pm	Chicken

Shopping with Ralph

Every second and fourth Thursday of the month, a local shopping outing is offered to those that need door to door transportation for a nominal donation. The first shopping outing is to Wal-Mart and the second is to another local shopping center. Limited seats are available. See the calendar in the monthly newsletter for more information. Register by calling (434) 455-5896.



Brush-Up on Bridge Ages 55 & Up

Brush up on the basics in this six-week class. Instructor Ed Moldenke takes you step-by-step into the challenging game of bridge. Students should have basic knowledge of the game and some playing experience. Additional practice time is offered from 9:30 am-12:30 pm at the Center on Tuesdays and Thursdays. Class does not meet on 5/29. Register and pay by 4/21. Late payments incur a \$5 late fee.

CR \$20; NR \$30

Templeton Senior Center
Instructor: Ed Moldenke

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74002.131	M	4/24-6/5	6:30-8:30 pm

Round Basket Class Ages 55 & Up

Enjoy your very own Gran's Cotton Basket. Instructor Beth Ford takes you step-by-step thru the weaving process as you learn the techniques needed to finish this decorative, functional round basket. All weaving supplies are furnished. Students should bring scissors, an awl, spring type clothes pins, a small sharp knife, a towel, a large bucket, paper towels and a measuring tape. Register by 5/1.

CR \$15; NR \$23

Templeton Senior Center – Instructor: Elizabeth Ford

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74402.211	TH	5/11-5/18	1:30-3:30 pm

Evening in Paradise

Dance the night away with celebrity D. J. Sandi Connor as she plays summertime tunes of classic rock, Jimmy Buffet, and shag. Door prizes and seaside decor will drift you away to this fun and casual ocean paradise night. Four dance contests, consisting of the Twist, Shag, Ballroom, and Hand Jive, provide an exciting atmosphere and keep you on your toes throughout the evening with prizes awarded to the different contest winners. Adults of all ages are welcome at this smoke and alcohol free event. Transportation is available to City residents upon request.

\$7/Advance; \$10/Door
(Advance tickets on sale at the Miller Center,
senior centers, and Tom Jones Drug.)



<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
S	7/22	8-11 pm	Forest Recreation Center (near intersection of Rt. 221 & 811)

National Senior Center Week

We'll celebrate Senior Center Week with activities like dancing, ceramics, exercise, bridge, cards, games and billiards at each of our program area locations, so be sure to check out the different offerings at each one.

Time: 11 am - 1 pm

<u>Day</u>	<u>Date</u>	<u>Location</u>
TU	5/16	Templeton Senior Center
W	5/17	Fairview Center
F	5/19	College Hill Center

Beginner Computer Class Ages 55 & Up

Are you thinking about purchasing a computer or have one already but are not sure how to use it? In either case, if you are interested in learning computer basics, these classes are for you. Sign up fast as these classes fill quickly. Register by 5/10.

CR \$7; NR \$11

Gates Lab, Lynchburg Public Library
Coordinator: Jamey Love

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74300.211	TU	5/23	9:30 am-noon
74300.212	TU	5/30	9:30 am-noon

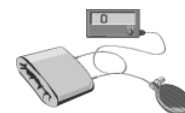
Bloodmobile

Give the gift of life. Staff from the American Red Cross will be on hand at the Templeton Center for all donors. Donors of all ages are welcome. Call (434) 455-4000 to register and make an appointment.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
TH	6/15	noon-6 pm	Templeton Senior Center

Health and Wellness Fair

Health maintenance and preventative care are essential for a long and healthy life. Visit the Center for various screenings, tests, displays and lectures, all free of charge. Check the July newsletter for more details.



<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
TU	7/11	10 am-1 pm	Templeton Senior Center